

What is claimed is:

1. An optical workstation comprising an optical breadboard supported by a frame, the frame comprising a plurality of upstanding legs interconnected by laterally extending cross-beams, the cross-beams laterally enclosing a space into which the optical breadboard is received.
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2. The optical workstation of Claim 1, wherein the frame is at least partially aluminum.
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3. The optical workstation of Claim 2, wherein the legs are aluminum.
4. The optical workstation of Claim 2, wherein the cross-beams are aluminum.
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5. The optical workstation of Claim 1, wherein at least one of the cross-beams comprises a line or array of regularly spaced anchor points for mounting components.
6. The optical workstation of Claim 4, wherein the anchor points comprise spigot holes.
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7. The optical workstation of Claim 4, wherein the anchor points comprise threaded holes.
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8. The optical workstation of Claim 1, wherein the optical breadboard is mounted to the frame by damping units.
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9. The optical workstation of Claim 1, wherein the frame comprises first and second end units, and laterally extending cross-beams interconnecting the first and second end units, the first and second end units each comprising two legs and laterally extending upper and lower cross-beams.
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